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BOSH TO SIGN $118M DEAL TO STAY WITH MIAMI HEAT PAGE 21

Local business owner facing deportation

Father being forced to return to Democratic Republic of the Congo after fleeing for his life PAGE 3

U.S. town turns on its mayor after police chief fired

Openly gay police chief rehired when residents of Latta, S.C., rebel against decision PAGE 6

But all my friends get to have debt...

And other excuses for poor money management that just won't work any more PAGE 16

NEWS WORTH SHARING.

Super Mario for the win

Germany's Mario Goetze, right, celebrates with teammate Andre Schuerrle on Sunday after scoring the winning goal in the dying minutes of extra time, during the World Cup final against Argentina at the Maracanã Stadium in Rio de Janeiro. Man-of-the-match Goetze controlled a cross with his chest and, in one fluid motion, kicked the ball past goalkeeper Sergio Romero for the 1-0 victory, delivering the Germans their fourth World Cup title. See story, page 20. VICTOR R. CAIVANO/THE ASSOCIATED PRESS

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Toronto man being deported to Congo, faces 'grave' risk

'Extremely real' danger. After living in Canada with his family since 1997, business owner is being sent back to Africa, and fears for his life

Sixteen years since he escaped jail and possible death at the hands of the Congolese government, a longtime Toronto business owner and father of six will be deported Monday to the African country known for its human rights abuses.

Prince Debase Betoukoumessou, 52, has lived in Canada since fleeing the Democratic Republic of Congo with his wife and daughters in 1997. He made a home in Toronto, had two sons, and ran a salon and beauty supply store downtown.

Canada has an official moratorium on deportations to the Congo because of concern for the safety of people sent back. However, that moratorium does not cover those whom the Canadian government believes have committed a crime, according to a CBSA official.

"While there is a temporary suspension of removals to Congo, this does not apply to individuals with criminal records, those deemed to be serious security risks, war criminals or individuals who committed crimes against humanity," CBSA spokesperson Patrizia Giolti said in an email Sunday.

As one of his conditions for staying in Canada, Betoukoumessou was to report monthly to Canadian Border Security Agency officials. At his last meeting in April, he was met by immigration officers and three Congolese officials.

According to his wife Therese, Betoukoumessou was asked by officials from both countries whether he would be willing to return to the Congo.

"No, if I go home I am afraid that they may kill me," was his response, she said.

That was enough to detain Betoukoumessou as someone unlikely to show up for deportation, according to the nonprofit immigrant-rights group No One Is Illegal Toronto.

For three months, Betoukoumessou was held at the Central East Correctional Centre in Lindsay. On July 8, he was told he would be moved to the Maplehurst Correctional Complex in Milton in preparation for his deportation.

On Monday afternoon, officials will escort Betoukoumessou onto a flight to the Congo.

Syed Hussan of No One is Illegal said the danger Betoukoumessou faces upon his return to the Congo is "extremely real."

"Returning to DR Congo, however briefly, is too grave a risk for any member of the Betoukoumessou family," the group said in a statement.

TORSTAR NEWS SERVICE

Background

Before fleeing his home country, Betoukoumessou ran a shuttle service and was a member of the Union for Democracy and Social Progress, a major opposition party to the government, his family says.

- While the refugee claims of Therese and their four daughters were accepted by the Immigration and Refugee Board of Canada, Betoukoumessou's claim was denied as the IRB considers him a criminal, Therese said.

Germany fans show their happiness on Front Street

German soccer supporters, from left, Ibrahim Zekerie, Ertan Milanov and Osman Gul of Mississauga cheer on their team during the FIFA World Cup final against Argentina on Front Street Sunday. Thousands of people filled the car-free street as Front was closed between Simcoe and John to allow World Cup fans to watch the broadcast on three large screens set up on the street. More World Cup coverage, page, 20. CHRIS SO/TORSTAR NEWS SERVICE

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U of T team ready to race ultra-fast bike

Need for speed. Bike will smash records and reach up to 145 km/h, say its creators

A University of Toronto team behind an award-winning human-powered helicopter and the first wing-flapping plane are setting their sights on a new record by constructing what could be the world's fastest bike.

Cameron Robertson, 27, and 10 other U of T students and graduates known as AeroVelo have been toiling away in their McCaul Street lab since September, building a futuristic-looking, energy-efficient bike.

They say the bike — which they estimate will cost $100,000 and take more than 10,000 hours to complete — will be able to topple current records by reaching speeds of up to 145 kilometres an hour.

But their mission goes beyond an effort to land in the record books.

"We are trying to capture the public's attention and show that if you prioritize efficiency and sustainability, the human engine is a really good symbol for how little it takes to accomplish the things that we currently throw fossil fuels at," Robertson says.

He and his team will take the vehicle, called "Eta" after the Greek letter used to signify efficiency, to Nevada for the World Human-Powered Speed Challenge this fall.

To break the current world record set by Delft University of Technology and VU University Amsterdam last year, the Toronto team will need to top 133.78 km/h.

For that, they are relying on three athletes who have been rigorously training and making test runs with the bike. One of them will be selected to get into the driver's seat when the team heads to the U.S. on Sept 1.

TORSTAR NEWS SERVICE

Queen still the champions

American Idol singer Adam Lambert, left, does his best Freddie Mercury impression as Queen's latest frontman, with original guitarist Brian May on Sunday at the Aair Canada Centre for the first of two shows by the veteran rock band (the second one is July 28). Lambert's falsetto fireworks during the Queen classics earned a huge response from the sold-out crowd. TOM PANDI/FOR METRO

Rerun

Sousa spins same Ontario budget

Finance Minister Charles Sousa is selling a summer rerun budget.

On Monday he will air an identical $130.4-billion spending plan to the fiscal blueprint Ontarians first saw on May 1.

That budget was not a hit with NDP Leader Andrea Horwath and the Progressive Conservative's then-leader Tim Hudak, forcing the cancellation of the minority legislature and sparking a June 12 election.

Premier Kathleen Wynne's Liberals won a majority in the spring campaign and because Sousa's May Day budget was the party's de facto platform, it will be reintroduced intact at Queen's Park.

The left-leaning budget, which has a $12.5 billion deficit, delivers a provincial pension plan and promises $130 billion for infrastructure projects over the next decade.

TORSTAR NEWS SERVICE

Fort York hopes to draw more visitors with music, art events

People roast marshmallows at Fort York last week. MARTA IWANEK/TORONTO STAR

Long silent fields of battle are roaring anew on the mound of land where Toronto began as a colonial outpost.

Fort York, the one-time theatre of war and perennial staple on the school trip circuit, is now raising the curtain on a new act — using the national historic site as a hot venue for music festivals and summer events. One recent weekend saw three straight days of bands rocking out for beer-fuelled masses, while other events through to September include Taste of Toronto, movie screenings and musical performances.

Though the fort's place in history clearly takes the back seat during such spectacles, the hope is that the fun and frivolity can inspire interest in this piece of Toronto's past, said David O'Hara, manager of the Fort York Historic Site, which is owned and operated by the City of Toronto.

"It's about building awareness," said O'Hara. "There aren't many major cities in North America that have their founding landscape intact in the core of the downtown."

The move to host events has gained steam over the past two summers, said O'Hara, with the revitalization of the Garrison Commons, almost 17 hectares of treed green space adjacent to the old fort. Aside from providing a new revenue stream from venue fees, the events are part of the ongoing effort to make the fort a more popular Toronto destination, O'Hara said.

"Fort York for years has been buried behind rail and expressway," he said. "It's just been hidden for years, and you're seeing some of the major pieces of a decade's worth of planning falling into place."

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U.S. town rallies to rehire fired gay police chief

Latta, S.C. Mayor denies he axed Crystal Moore because of her 'questionable' lifestyle

Latta Police Chief Crystal Moore. JEFFREY COLLINS/THE ASSOCIATED PRESS

When openly gay police chief Crystal Moore was fired by a mayor who condemned her lifestyle as "questionable," she feared her two-decade career in law enforcement in Latta, S.C., was over.

Then, the conservative small town rebelled.

The people of Latta, who eight years ago voted overwhelmingly for a state amendment banning gay marriage, turned against the mayor and stripped him of his powers. Then, the town council rehired Moore, saying her dedication to the town mattered more than her sexual orientation.

Residents remembered Moore's civic spirit from as far back as 1989, when Hurricane Hugo tore through Latta. She was a high-school student working part time as a police dispatcher, and helped cut downed tree limbs to clean up the debris. This February, when an ice storm crippled the town and left it without power for days, Moore piled her officers in her SUV and checked on as many people as she could.

Mayor Earl Bullard vehemently denied that he fired Moore because she was gay. Instead, he said she was dismissed for "sheer insubordination" during the three months he was her boss.

Moore said she hadn't received a single reprimand during her career until Bullard presented her with seven the day she was fired in April. THE ASSOCIATED PRESS

Activists hold pride parade in Kolkata

Lesbian, gay, bisexual and transgender (LGBT) activists hold a rainbow flag as they participate in the Rainbow Pride rally in Kolkata, India, Sunday. BIKAS DAS/THE ASSOCIATED PRESS

Indiana

Bus-car collision leaves one dead

A Greyhound bus headed from St. Louis to New York City collided Sunday morning with a car on an eastern Indiana highway, killing one person and injuring at least 18 others. The bus was carrying 24 passengers and the driver. THE ASSOCIATED PRESS

NASA

Cargo ship heads for space station

A commercial cargo ship rocketed toward the International Space Station on Sunday, carrying food, science samples and new odour-resistant gym clothes for the resident crew. It is Orbital Sciences Corp.'s third delivery for NASA. THE ASSOCIATED PRESS

Missing motorcyclist

Search leads to Mexico beach town

U.S. and Mexican officials are to determine whether a body found near the beach town of Playa La Majahua is that of Harry Devert, 32, a New York man who was last seen riding his motorcycle to Brazil for the World Cup. THE ASSOCIATED PRESS

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Military targets. Most Palestinian casualties in recent days were civilians

The target was the Gaza police chief. He survived the Israeli airstrike on a cousin's home with critical injuries, but 18 family members were killed, including five children and teens.

The weekend attack highlighted Israel's broad definition of military targets in its current offensive against the Islamic militant group Hamas. The army says those targets include senior Hamas activists and their homes, even as it insists it is doing the utmost to spare bystanders by warning them to clear out.

However, the UN Office for Humanitarian Affairs said Sunday that civilians made up the majority of Palestinian casualties over the past six days — 133 of 168 killed and nearly half of more than 1,100 wounded. And a human rights researcher said some of Israel's strikes appear to have violated rules of war.

The issue of Israel's targets cuts to the core of conflicting narratives.

Smoke rises following an Israeli strike on Gaza seen Sunday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Palestinians — and not just those loyal to Hamas — say Israel is punishing all of Gaza's 1.7 million people and is killing civilians with impunity.

Israel has portrayed its offensive against Hamas as self-defence, saying it is trying to halt the group's rocket attacks on Israeli communities. Gaza militants have fired more than 800 rockets over the past week.

THE ASSOCIATED PRESS

An Israeli armoured personnel carrier drives along the Israel and Gaza border Sunday. TSAFRIR ABAYOV/THE ASSOCIATED PRESS

No sign of ceasefire days into offensive

Israel-Palestine conflict. Thousands in Gaza flee their homes amid bombings while Israel prepares a possible ground invasion

Thousands of Palestinian residents of the northern Gaza Strip fled their homes on Sunday and sought safety in UN shelters, heeding warnings from the Israeli military about impending plans to bomb the area in the sixth day of an offensive against Hamas that has killed more than 160 people.

The fighting showed no signs of slowing, despite international calls for a ceasefire and growing concerns about the mounting civilian death toll in Gaza. U.S. Secretary of State John Kerry spoke to Israeli Prime Minister Benjamin Netanyahu and voiced "readiness" to help restore calm, while Egypt, a key mediator between Israel and Hamas, continued to work behind the scenes.

Amid the diplomacy, Israel said it was pushing forward with preparations for a possible ground invasion of Gaza. Thousands of troops have massed along the border in recent days.

"We don't know when the operation will end," Netanyahu told his cabinet on Sunday. "It might take a long time."

THE ASSOCIATED PRESS

Harper weighs in

Terrorists are deliberately placing people in the path of an Israeli offensive aimed at stopping rocket attacks from Gaza, says Prime Minister Stephen Harper. Harper says there is evidence that Hamas is using human shields.

THE CANADIAN PRESS

Germany

Police let anti-Israel protester use megaphone

German police allowed an anti-Israel protester to climb inside a police car and shout slogans including "child murderer Israel" through a police megaphone, a spokeswoman for Frankfurt's police said Sunday. Police let the protester use the megaphone during a Free Gaza demonstration Saturday because he had offered to calm down a protest that had turned violent, she said. THE ASSOCIATED PRESS

France

Protesters try to force way into Paris synagogue

Pro-Palestinian protesters tried to force their way into a Paris synagogue Sunday with bats and chairs, then fought with security officers who blocked their way, according to police and a witness. Some 150 people were inside for a ceremony honouring three Israeli teens recently killed, said Aline Le Bail-Kremer,who watched the conflict from her window across the street. THE ASSOCIATED PRESS

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Casualties mount over weekend as Ukraine continues onslaught

Under siege. Military uses airstrikes, artillery fire to battle pro-Russian insurgency in the east

A man looks out the window of his apartment, damaged by shelling, in Slovyansk, eastern Ukraine, on Sunday.
EVGENIY MALOLETKA/THE ASSOCIATED PRESS

Russia's foreign ministry said Sunday that a Ukrainian shell hit a Russian border town, killing one person and seriously injuring two others. Ukraine denied firing a shell into Russian territory.

President Vladimir Putin expressed "grave concern" over the incident, Russian news agencies quoted his spokesman as saying. A statement from Russia's foreign ministry labelled the event a "provocation" and warned of the possibility of "irreversible consequences, the responsibility for which lies on the Ukrainian side."

Russia said the shell hit the courtyard of a residential building in the Russian town of Donetsk — near the Ukrainian city of the same name that has become a rebel stronghold — early on Sunday.

Ukraine's restless east has been mired in a pro-Russian separatist insurgency against the Kyiv government.

Ukrainian officials denied that any Ukrainian shells had fallen on Russian territory. Andriy Lysenko, a spokesman for Ukraine's National Security and Defence Council, placed blame for the attack on the rebels themselves.

Ukraine's Donetsk, where rebels have gathered to regroup after a major Ukrainian offensive last week, was quiet on Sunday. But some 150 people from the settlement of Maryinka, on the outskirts of the city, were moving into dormitories at a local university after their homes were bombarded during the night.

Artillery fire in Maryinka late on Friday left at least four people dead, but the number of casualties in the latest bombing was unclear.

Ukrainian defence officials said Sunday that the air force had performed 16 sorties and carried out five airstrikes on rebel positions over Saturday.

Interfax-Ukraine cited Lysenko on Sunday as saying that several dozen rebels had been killed and rocket launchers and armoured vehicles destroyed in the attacks. He also said that seven servicemen had been killed and 30 wounded in the past day.

THE ASSOCIATED PRESS

Quoted

"We were bombed so terribly.... They blew up our houses."

Refugee Svetlana Panteleyeva, one of 150 people forced to move into the dormitories of Donetsk University early Sunday morning after their homes in Maryinka were bombarded

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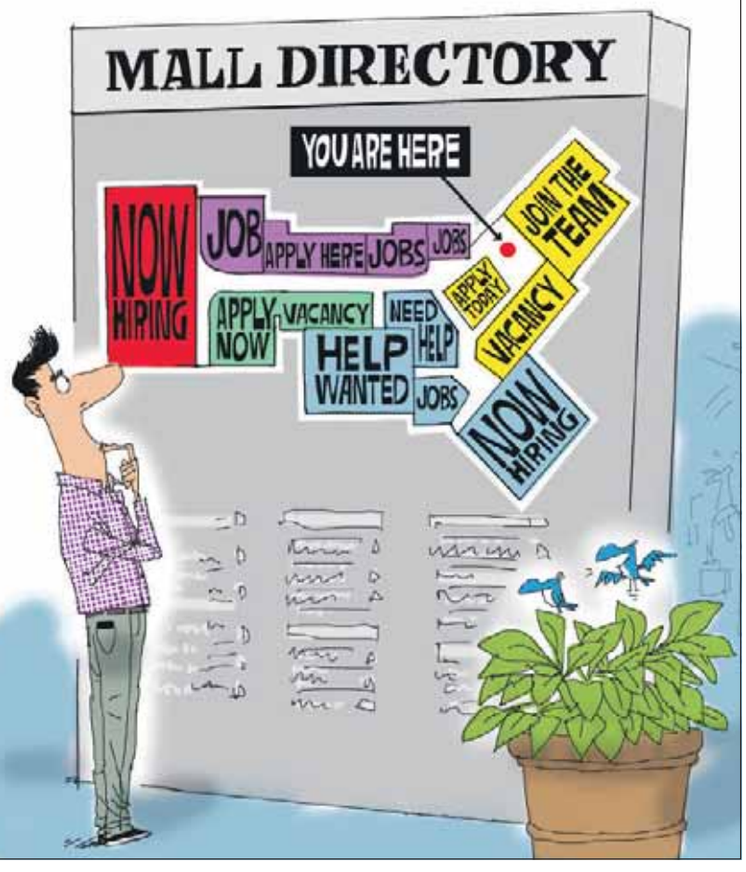

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Quebec giving Lac-Mégantic an additional $60 million

Compensation.
Government plans to allocate portion of aid for businesses affected by last year's disaster

This July 6, 2013, file photo shows smoke rising from railway cars carrying crude oil after derailing in downtown Lac-Mégantic, Quebec. THE ASSOCIATED PRESS

Quebec is granting an additional $60 million to compensate victims of last year's catastrophic train derailment in Lac-Mégantic, which left 47 people dead.

Municipal Affairs Minister Pierre Moreau told a news conference that $37 million of the amount would go to the owners of businesses in the disaster area.

A large swath of Lac-Mégantic's downtown was destroyed when a runaway train loaded with volatile fuel oil jumped the tracks and exploded.

The government says it heard the complaints of those affected by the disaster in the town of 6,000 and wanted to bring some balance to the treatment of their cases.

Business owners had complained they weren't getting help fast enough.

Moreau says there will be meetings this week with 37 business owners and that the compensation is available now.

There will be incentives offered to owners who want to rebuild their businesses in Lac-Mégantic.

Moreau says if they wish to leave the area, they will be compensated for their sites based on fair market value. To this day, much of the damaged downtown remains off-limits as decontamination work continues.

THE CANADIAN PRESS

Costa Concordia to be towed from island

This 2012 file photo shows the luxury cruise ship Costa Concordia leaning on its side after running aground on the tiny Tuscan island of Giglio, Italy. Franco Gabrielli, who heads the Civil Protection Department overseeing the wreck's removal, told reporters on Giglio Island on Sunday that weather conditions are good enough to permit the start of operations to re-float and tow the Concordia to Genoa on the mainland for scrapping. He also promised that a search will be conducted for the only unrecovered body of the 32 Costa Concordia shipwreck victims. GREGORIO BORGIA/THE ASSOCIATED PRESS

Colorado

Lightning responsible for two separate deaths over weekend in national park

For the second day in a row, lightning has been blamed in the death of a visitor to Colorado's Rocky Mountain National Park.

Park spokeswoman Kyle Patterson says officials were notified Saturday of four people being struck by lightning near Trail Ridge Road.

The four were rushed to hospital, but 52-year-old Gregory Cardwell of Scottsbluff, Neb., died of his injures.

On Friday, park officials said lightning killed one woman, 42-year-old Rebecca R. Teilhet, and injured seven other people. That also occurred near Trail Ridge, which is the highest continuously paved road in the United States. THE ASSOCIATED PRESS

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Smartphone to replace the bank teller?

A smartphone user checks a bank account with an online banking app from CIBC in this 2011 file photo. Smartphones are set to be the next big thing in consumer banking, holding the promise of everything from fewer trips to the local bank branch or ATM to the convenience of tap-and-go payments at retail outlets. But a number of hurdles still need to be overcome. Many expect there will be an even bigger jump in usage if the banks, merchants and telecom companies can figure out a better way for customers to make purchases with their smartphones by tapping a retail terminal at the counter. THE CANADIAN PRESS

Can BlackBerry rise from the ashes?

HOW TO ROLL
Alison Griffiths
metronews.ca

Is the BlackBerry phoenix rising from the ashes — or, perhaps, is the recent show of share-price strength merely a puff of smoke from a dying fire? The five-year high of $12.01 on July 5 gave investors renewed hope that there may be life left in Canada's once-favourite tech stock.

Just to recap (while rubbing salt in the wounds of those who bought BlackBerry in the pre-recession years and still own it), the cellphone maker was trading at $148 in mid-2008. Five years later, it had slid to just over six bucks.

If you look at a short-term chart, it has been a jolly though volatile ride to a nearly 50 per cent increase in the past year. BlackBerry is also outperforming Google, Samsung and the Nasdaq itself in the first half of 2014. Bully for those who took the chance last summer.

Future on hold

3.8%

BlackBerry had 43 per cent of the U.S. cellphone market in 2010, now it's 3.8 per cent

But back to the smouldering ruins of this formerly great company. Is there any real reason to buy now or, for that matter, to hold? The latter is a particularly important question for investors who have made a nice gain in the last few months.

If there is hope for BlackBerry, it likely lies in one place: software.

Wait a minute! BlackBerry's claim to fame has always been hardware; it's the phone that U.S. President Barack Obama loves. But all of BlackBerry's post-recession failures have been in hardware. From last year's delayed Z10 phone, to the PlayBook tablet, all the way back to the Bold phone — which the iPhone quickly stomped into oblivion — it has been hardware that keeps tripping up BlackBerry.

Though the new, very square (literally) BlackBerry Passport smartphone is launching in September, CEO John Chen is racing to dominate the Internet of Things with software that will seamlessly connect your entire life to the Internet. He has made a number of moves in that direction since taking over the helm last November.

Aside from anything else, if Chen is even marginally successful and manages to staunch BlackBerry's cash bleed, he will turn the company from a short seller's delight into a takeover target.

Leads. CRA's offshore tax snitch line a surprise hit

The Canada Revenue Agency has 80 new leads on taxpayers who may be hiding money offshore after getting hundreds of calls on its new snitch line.

The flush of information has even the agency's harshest critics acknowledging the initial success of the hotline, established Jan. 15 to help ferret out billions of dollars stashed overseas.

The so-called OTIP line — for Offshore Tax Informant Program — was promised in the March 2013 budget but took 10 months to set up.

As of May 31, more than 800 people rang the number, drawn by a cash reward system that gives the tipster up to 15 per cent of the amount in taxes that the agency eventually collects.

Only 251 of those calls were actual informants, and only 100 went to the next required step, filing a written submission identifying themselves and providing detailed information on the alleged overseas tax evasion.

The agency closed 20 of those written files as dead ends, but is pursuing the remainder.

Details of the program's first few months were obtained under the Access to Information Act, supplemented by information provided directly by the CRA.

"I've been surprised, pleasantly surprised," said Jonathan Garbutt, a Toronto tax lawyer who has been a vocal critic of the way the program was established.

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STUFF YOUR SORRY IN A SACK, MISTER

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

Last week, Toronto city council spent almost a full day on an entirely irrelevant debate. On the public dime, councillors talked for hour after hour about something of no concern to the average Toronto resident.

The topic? Whether they should ask Mayor Rob Ford to say, "Sorry."

Ford's been down this coerced apology road a bunch of times over his career at city hall. His offence this time was robocalling residents in Coun. Paul Ainslie's Scarborough ward last fall. Ford's automated call told Ainslie's constituents that their councillor hadn't listened to them when he voted against the Scarborough subway extension.

I won't deny that what Ford did was wrong. Integrity commissioner Janet Leiper did a good job in her report laying out exactly why Ford's actions contravened council's code of conduct. In her words, Ford's call "crossed that line by saying that the councillor had not listened to his constituents. It alleges disrespect."

That makes sense. I take no issue with the details of the offence. But I do take issue with the prescribed penalty.

Leiper's recommendation that council ask Ford to apologize was fundamentally useless. By definition, a coerced or forced apology isn't an apology at all. An apology has to come with some sincerity — it has to mean something.

In the debate last week, Ford did ultimately apologize, but only after hours of debate and only after he spoke with legal staff. Did he learn anything? Will he refrain from contravening the code of conduct in the future? I can't say for certain, but based on Ford's track record of responding to mistakes by making even bigger mistakes, I think there's good reason to be really skeptical.

And that's the problem. The toothless apology request is by far the most common penalty levied to elected officials at city hall. A mumbled "sorry" on the council floor is effectively a get-out-of-jail-free card. Only after councillors are accused of improperly raising thousands of dollars — as Coun. Giorgio Mammoliti was recently — are harsher penalties considered.

That's not good enough. That's not real accountability.

The council code of conduct is not an especially difficult document to follow. It's just 10 pages long. Asking councillors to read it and abide is not an unreasonable demand.

And so, if they're found in contravention, the penalty should always be severe. No phony apologies. Instead, hit them where it hurts — right in the wallet. The real possibility of suspended pay would cause every member of council, immediately, to take a closer look at the rules.

Does that seem harsh? Good. The demands of public office should be harsh. And if the possibility of real penalties leads to better informed and better behaved politicians, I won't be sorry.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

WE ACT: CANADA DOES GOOD

'Lots of littles make a big' for volunteer

Each month, we profile a Canadian who's up to a whole lot of good. Here's one we'd like you to meet:

Who: Michelle Gabrielle, dedicated volunteer

Where: Halifax, N.S.

What: Every month, Gabrielle chooses a charity, asks for its wish list and then passes the list around to her family, friends and co-workers. In this year alone, she has collected donations for Out of the Cold, an orphanage in the Dominican Republic, My Best Friend's Closet, Hand in Hand, Phoenix House and Family SOS. She also finds time to volunteer at the St. George's Soup Kitchen on a weekly basis and donated clothing and toys this past holiday season. She even gave away the boots off her feet.

Why did you start volunteering? "My mom would knit mitts if she had the extra yarn — which wasn't very often — for our equally poor neighbours. She taught me to remember what we came from, and I hope that I never lose that."

What do you like about volunteering at the soup kitchen? "I get first-hand access to helping people, which is wicked because they tell me what they need. They'll say, 'I need boots or shoes, I need a raincoat or I need a place to live.' It's a first-hand connection."

Volunteer Michelle Gabrielle has a special talent for making wishes come true. CONTRIBUTED

Persistence

"I could do this forever. I don't want to be the person that *used* to do nice things."

Michelle Gabrielle, Halifax-area do-gooder, on what keeps her going

What inspires you to keep going? "I could do this forever. I don't want to be the person that *used* to do nice things — I want to be the person who's going to go out and do them no matter what life brings."

What advice would you give to people who want to follow your example? "If you keep it simple, it'll grow. Lots of littles make a big."

CRAIG AND MARC KIELBURGER

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In this issue, you can find AR enhancements on page 14 in Scene and page 20 in Sports.

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MetroTube

Plants have 'feelings' too

ANDREW FIFIELD
andrew.fifield@metronews.ca

From the We Guess Nothing Likes To Be Eaten file, researchers at the University of Missouri have determined that some plants can hear when animals are munching on them and will go on the defensive.

The team has released a video report on how they came to figure out the defensive techniques of flora, so you, too, can get intimate with the terrifying sound of a hungry caterpillar.
(MU News Bureau/Vimeo)

SCREENGRAB

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Ebooks

Atlas Shrugged in an Amplified Edition

By. Ayn Rand

iPad

MIND THE APP
Kris Abel
@RealKrisAbel
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Beautifully presented, this enhanced study guide edition of Rand's industrial thriller expands on its underlying philosophy with notes, quotations, videos, interviews, a biography, and a timeline. It's helpful in understanding the book's theories on capitalism and altruism, but neglects to explore its colourful characters and captivating battles. Whether you buy into Rand's beliefs or not, it's still an entertaining novel.

Apes franchise

Monkey business boosts box office

Dawn of the Planet of the Apes thumped its chest with a $73 million opening weekend. According to studio estimates Sunday, Fox's Planet of the Apes sequel rode excellent reviews and high anticipation to become one of the summer's best debuts. The big opening helped give the summer box office a shot in the arm, but it wasn't enough to stop an overall downward trend. The weekend's box office was down nearly 24 per cent from the corresponding weekend last year.

THE CANADIAN PRESS

Better Call Saul shows world before Walter White

Spinoff prequel.
Bob Odenkirk plays slippery lawyer Saul Goodman

Vince Gilligan is feeling the weight of expectations. How do you follow a monster hit like Breaking Bad?

The spinoff show Better Call Saul is a prequel to the Emmy-Award winning series and stars Bob Odenkirk, who plays everyone's favourite greasy lawyer Saul Goodman. Asked whether revisiting the same world he created posed new challenges, Gilligan acknowledged it was daunting.

"It's always daunting," he said, adding that it would also be a challenge if it were a completely new show and a whole new universe.

"The chips will fall where they may," he said. "But anything worth doing is worth taking the risk of abject humiliating failure over."

Gilligan was speaking at a television critics conference in Los Angeles to promote the upcoming fall season.

Gilligan said he wanted to do a prequel because he was still intrigued by the slippery Saul character. He said other beloved characters, such as meth distributor Gus Fring (played by Giancarlo Esposito) could be back as well.

"We're figuring out just how, if and when to perhaps see some of these characters," says Gilligan.

Meanwhile, the prequel will be set in 2002, before Saul meets Walter White, who is played by Bryan Cranston.

Bob Odenkirk as Saul Goodman in Better Call Saul. CONTRIBUTED

"We never completely nailed down when Breaking Bad took place," says Gilligan. "We tried hard on Breaking Bad if you noticed, not to be too specific as to when it was, but now we have to kind of be a little more specific than sometimes we're comfortable with. But I think we're about in the year 2002."

Michael McKean (This is Spinal Tap) joins the cast along with Michael Mando (Orphan Black) and Jonathan Banks from Breaking Bad as the fixer Mike Erhmantraut.

Like Breaking Bad, the show is shot in Albuquerque, N.M. The first episode was directed by Gilligan.

TORSTAR NEWS SERVICE

AUGMENTED REALITY

→ What can fans expect from Better Call Saul? Scan this photo with your Metro News app to hear what Vince Gilligan has to say.

metro AR → See the full instructions on Metro's Voices page.

Coming in 2015

The show was originally slotted for November, but has now been delayed until 2015 for the 10-episode first season.

- The reason? Gilligan told television critics he is "slow-as-mud as a TV writer. I always have been."
- Thankfully, AMC and Sony allowed Gilligan to write Better Call Saul at a "stately" pace.
- "We want to think everything through and I think that pays dividends," says Gilligan.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Katie Holmes is a lover of literature

STARGAZING
Malene Arpe
scene@metronews.ca

Nick Cannon may be playing Richard Pryor in an upcoming biopic. That's an excellent choice. It will make a great double-bill with Ryan Seacrest's expected gritty turn as Lenny Bruce.

BBC publishes a public plea for people not to share the contents and secrets of five Doctor Who scripts leaked to the web. That was the well-considered thing to do, because without that plea I wouldn't have known to go look for those scripts.

Katie Holmes says that the favourite books of her childhood were J.D. Salinger's Franny and Zooey and The Catcher in the Rye and Somerset Maugham's Of Human Bondage as well as all Maya Angelou's work. However, when she turned eight, she put aside childish things and spent a day or two reading Ulysses.

This week in cats 1) Andrew Lloyd Webber is reviving Cats again, this time with Rum Tum Tugger as a "rapping street cat." 2) Ke$ha says "I've always wanted to have a cult; I think I could be a pretty good cult leader, basically. I'm sorry, I do. So I'm going to start a cult and people can be in it if they like to be cats or play with cats or play with cat toys." 3) Katy Perry's new perfume ad features her as an avenging warrior spritzing an evil emperor with her new fragrance, Killer Queen's Royal Revolution, until he turns into a kitten.

Orange fans seeing red over satire site's faux report

Don't worry, Orange is the New Black fans: Your favourite show about women in prison hasn't actually been cancelled. A site that's apparently supposed to specialize in satire called Empire News posted a story over the weekend that Netflix had cancelled the Emmy-nominated series, which is currently filming its third season. Naturally, fans online freaked out, because that's what going online is for. I guess everyone was supposed to know it was a hoax because of this patently ridiculous quote at the end of the article attributed to Netflix CEO Reed Hastings: "A woman's place is in the home, in the kitchen, taking care of children. A woman in jail? How does anyone watch this show in the first place?" That's ... just not good, even as satire. Hey, Empire News? You're doing it wrong.

Sharon Stone

No butts about it, Sharon Stone is one feisty lady

Sharon Stone is a national treasure, if for no other reason than how she talks about her butt. The stunning 56-year-old recently told E! News that even though she's in great shape, going on vacation has her feeling nervous about her body. "I haven't worked out in a couple of months because I just didn't feel like it. But now I'm going on vacation and I know what they're going to do. (The tabloids) are going to put a circle around my ass and do one of those crazy magnified pictures saying, 'What happened to her ass? It's a bag of cheese,'" she laments. "I would just like to say it's a fine triple crème brie! Right when they zoom in I should have a tattoo on my ass that says, 'You wish you could get a bite of this.'"

Building a Better Transit System

Improvements to Spadina/Dundas Intersection and Spadina Station Streetcar Platform

As part of the TTC's ongoing commitment to build a better transit system for Torontonians, track and infrastructure upgrades will take place at the Spadina and Dundas intersection starting July 14. The streetcar platform at Spadina Station is also being upgraded to prepare for the new low-floor, accessible streetcars that will begin service on the 510 Spadina route August 31. During this time of construction, local shops, restaurants and businesses will remain open. The TTC and City of Toronto encourage you to continue to support local businesses during construction.

What will this mean for TTC Customers?

- 510 Spadina streetcars will be replaced by buses. During the period of a full closure the 510 Spadina route will split into two routes, north and south of Dundas
- Spadina Station streetcar platform will be closed for upgrades to accommodate the new streetcars and installation of an accessibility ramp
- 505 Dundas streetcars are diverting around the intersection in both directions

For more information, go to www.ttc.ca

Jul 14 – Jul 28 (10 a.m.)*

505 Dundas streetcar diverting
(no service for stops on Dundas St. between Bathurst and McCaul Streets)

Jul 28 (after 10 a.m.) – Aug 11 (6 a.m.)*

Full intersection closure:
510 Spadina buses split into two routes

1. Spadina Station to Baldwin St.
2. Sullivan St. to Queens Quay
   (customers must take transfer and walk between Baldwin and Sullivan Streets)

505 Dundas streetcar diverting
(no service for stops on Dundas St. between Bathurst and McCaul Streets)

Aug 11 (after 6 a.m.) – Aug 30*

510 Spadina buses and 505 Dundas streetcar back to regular routing

***timeline subject to change**

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LIFE 3

Poor excuses for staying in debt

Bad with money?
There are no good reasons for not getting yourself out of debt

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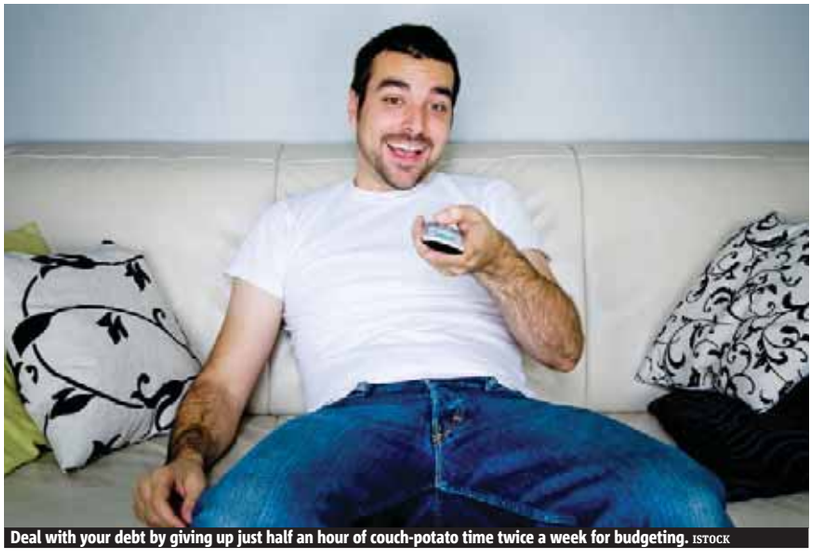

Deal with your debt by giving up just half an hour of couch-potato time twice a week for budgeting. ISTOCK

Every time I think I've heard it all, someone pops up with a new way to excuse the fact that their money management is in the crapper. Here are some of my faves:

We got a consolidation loan and paid off our credit cards, so we're doing better.
Really, you paid off your debt with other debt? That's not paid off, my little chickadee — that's delusional.

Consolidation makes sense when you reduce your interest costs and then work aggressively to repay the debt. But if you're sitting back smugly because you've reduced your payments so you have more money to spend on rubbish, I want to reach out and slap you.

Consolidating using a mortgage is one of the more time-honoured ways of making debt more expensive over the long term. Lots of people consolidate using the equity in their homes. Then they pretend that everything is OK, because now it's "mortgage debt" and that's good debt, isn't it? Hey, tell the truth. It's still consumer credit; it's just been shuffled to somewhere you don't have to look at it. And believe me, it's costing you.

I worked with one couple who re-mortgaged their home three times to cover their uncontrolled overspending. Over the life of their mortgage, they had increased their interest costs from about $150,000 to almost $600,000.

Sure it's a lot of debt, but hey, everybody's in debt, so what's the big deal?
And if everyone were running screaming off the side of a cliff, you'd do that, too, right?

There's no question that debt has become so commonplace that it seems like everyone's in it. And if you grew up in a family that had it all, including the debt, you may think this is "normal." I worked with one couple that was so comfortable with their debt that they had never made a mortgage payment from cash flow. Every single mortgage payment had come from their line of credit.

If debt seems like a normal state of being for you, it means you have to change your thinking. Debt is not normal for someone who is financially healthy. You can make the choice to remain delusional, or you can choose financial stability. The old way may be more fun, at least in the short term, but the new way will keep you and your family safe and sound.

I don't have time to budget.
Really, your most important resource and you don't have the time to manage it? Could it be that your priorities are a little skewed?

On average we spend about three hours every day watching TV. So you only need to reallocate a measly half-hour twice a week to money management to go from being a financial slug to smart about your money.

Close in hand with this goes, "You have to have money to make a budget work." One young lady wrote me to say that her parents had recommended she use a budget and her response was, "You have to have money to make a budget work, right Gail?" Believe it or not, she was asking *me* to tell her a budget was pointless. Really?

Sadly, people don't think that all that dough they bring in that goes to paying the rent or buying food is "money." For them, only the stuff they can spend indulging their whims is "money." And so they don't make a budget and look for ways to trim. Or perhaps it is because if they made a budget, they would discover just how much money they were blowing every month on stuff, and would have to change their behaviour. Lord forbid!

My partner is the problem.
I've met couples where one person is the major culprit in acquiring debt. The other person stands meekly by as Mr. or Mrs. I-have-to-have-everything charges them into a debt whole. They shrug and claim to have no ability to change their partner's behaviour. Here's my big question: Is this the way you're going to live the rest of your life, walking a tightrope, waiting for the axe to fall? And if you have children, do you think this is creating any sense of security for them?

For as many couples that I've met where one partner claims the other is the problem, I've met couples where they are both, in their own inimitable way, doing dumb things. One husband claimed his wife was the problem because she went shopping every day at work during lunch, bringing home items that she'd hide from him. He saw nothing wrong with dropping $10K on a new motorbike. That's a lot of skirts, dude!

If you're still making excuses about why you're *in* debt, maybe it's because you're not yet committed to getting *out* of debt. Some people aren't. They haven't heard the whistle blow that tells them the train is headed straight for 'em.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Here's to not drinking to your health

Giving up even casual drinking could literally do your heart good. ISTOCK

A glass or two of booze is good for your heart, according to long-standing medical advice drinkers are fond of citing.

But, according to a study published last week, this cherished invitation to say "cheers" is well off the mark.

Reducing even light consumption of alcohol will not only improve your chances against coronary heart disease, but also help you lose weight and ease high blood pressure, it said.

Writing in the British Medical Journal, researchers carried out a survey of 50 published studies into the drinking habits and health of more than 260,000 people of European descent.

New study

"Even if you're a light drinker, reducing your alcohol consumption could be beneficial for your heart."
Juan Casas, the professor who led the study

They looked especially at those with a key variant of a gene called ADH1B. Previous research has found that a single change in the DNA code in this gene makes people less sensitive to drink, and thus less at risk from alcoholism.

The study discovered that individuals with the variant drank 17 per cent fewer units of alcohol per week and were 78 per cent less likely to binge-drink than those without it.

They also had a 10 per cent lower risk of coronary heart disease and enjoyed lower systolic blood pressure and body mass index (BMI).

Independent commentators said the study is interesting, not least because it challenges what is now almost dogma. But, they cautioned, the debate is far from over. AFP

Napa cabbage, steak, and Ginger-hoisin dressing create a taste of Asia

This recipe serves four. ROSE REISMAN

Salad Spotlight.
Who wants to eat a heavy meal during the summer? This week, Metro lightens it up with great options like this Thai Beef Salad

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

Here's a great way to have your steak and eat it, too!

Lean meat is an excellent source of protein and is low in fat and saturated fat. The key to eating red meat is to enjoy it as a side to a meal rather than the main course.

The leanest meats include top sirloin, flank, New York sirloin and beef tenderloin.

You want to minimize the fatty steaks including rib-eye and porterhouse steaks.

This Asian-flavored salad combines Napa cabbage and romaine, along with sweet orange segments, sugar snap peas and toasted cashews.

The tasty light dressing has a base of a ginger-hoisin sauce that complements the salad beautifully.

If your guests love steak, you can easily double the portion since two ounces is acceptable in terms of calories and fat. Feel free to substitute grilled chicken breast, pork, shrimps or tofu for the beef.

Directions

1. Grill steak just until cooked to your preference. Cool for 10 minutes, then slice thinly.

2. On serving platter, add the cabbage, lettuce, bell peppers, peas, orange segments, onion, cilantro, cashews and steak.

3. To make the dressing: Combine the hoisin, lemon juice, soy sauce, garlic, ginger, honey and hot sauce and pour over top. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 4 oz New York strip steak
- 3 cups chopped napa cabbage
- 3 cups chopped romaine lettuce
- 1 cup sliced red bell peppers
- 1 cup sugar snap peas, cut in half
- 3/4 cup diced orange segments
- 1/3 cup sliced red onion
- 3 tbsp chopped cilantro
- 3 tbsp chopped toasted cashews

Dressing

- 2 tbsp hoisin sauce
- 1 tbsp fresh lemon juice
- 2 tbsp low-sodium soy sauce
- 1 1/2 tsp minced garlic
- 1 tsp chopped ginger
- 1 1/2 tsp honey
- 1/2 tsp hot sauce

Nutritional information

Per serving: 210 calories; 27. 1 carbohydrates; 6.5 fibre; 11.6 g protein; 6.6 g total fat; 2.2 g saturated fat; 21 mg cholesterol; 433 mg sodium

Spending smart: Tips for new grads

You don't want to blow all your money before you even remove your graduation gown. ISTOCK

Money. Learning how to budget is imperative for graduates who are out on their own

ZAHRA AHMED
life@metronews.ca

You've managed to make it through college, but there are more responsibilities ahead in your independent adult life, especially financial ones.

Andrea Woroch, a money expert and frequent contributor for The Today Show, breaks down the dos and don'ts for college grads who are just stepping out into the real world.

Don't rip through all those cash-filled envelopes you get after graduating.

According to Woroch there are several ways to invest graduation money. If you have a job already, use the money to buy appropriate work attire.

If you're still on the job hunt, make sure you have all the materials you need for an interview, such as an interview outfit and the basics like a resumé and cover letter.

If you already have a job lined up, use the money to pay off a chunk of student loans or credit card debt. It also never hurts to have a backup emergency fund. Establish rules about borrowing money from your parents.

Communication is key. Woroch says to establish that you're actively hunting for a job from the get-go. Be open about your expenses, such as rent or transportation, so your parents know you're not just blowing money on unnecessary things. If you're still living at home, learn how to budget.

"Parents can be really great guides in terms of helping you save money," says Woroch. "I know someone whose mother charged him rent while living at home towards college. It might have been around $300 — not a huge amount — but enough for him to realize that he had to stretch his dollars."

And keep track of your expenses so you can see where all your money goes. A free online money tracking system, such as mint.com, lets you see all your financial accounts in one place. The website uses easy-on-the-eyes pie charts and graphs to show where your money is going every month. Decide which expenses are most important.

Almost everyone needs to have Internet and a cellphone for access to emails, job opportunities and basic communication. What recent college graduates don't need these days is cable service.

"Cut down on TV," says Woroch, who recommends streaming TV shows and movies online. Also, you can save on a cellphone bill if you get a plan with your friends. Consider joining a credit union.

"Credit unions are like a bank, but they are (non-profit) organizations, which means that the money they make goes back to the members," says Woroch. Credit unions have no hidden fees (usually lower if any), offer cheaper rates and higher interest on your savings account than banks. They can also offer lower interest rates on mortgage. "It's a smart place for young college graduates to invest their money and keep it secure, especially considering they may have financial struggles."

Don't just accept — negotiate. When applying for positions, do your research to find out what a fair wage is in that job. Always try to negotiate your salary if there's a possibility. But Woroch advises not to just "look at the money, but at what the position is. Look at your future opportunities with that company." Your best bet is to find an entry-level position at a company that offers upward mobility.

Don't just buy what you're used to. Woroch says that one trap recent grads fall into at the grocery store is just grabbing the brands they know and putting them in their cart. When you can, buy the generic option instead of the name-brand one. It will save you money at checkout.

Easy money tips

- Cut down on the electricity bill by unplugging appliances or electronics you're not using. As long as a plug is still in a socket, it's still sucking energy.
- When it comes to buying furniture, save money by looking into things that are used but in good condition.
- Shop smart and avoid buying dry-clean only clothes, as cleaning costs can add up over time.

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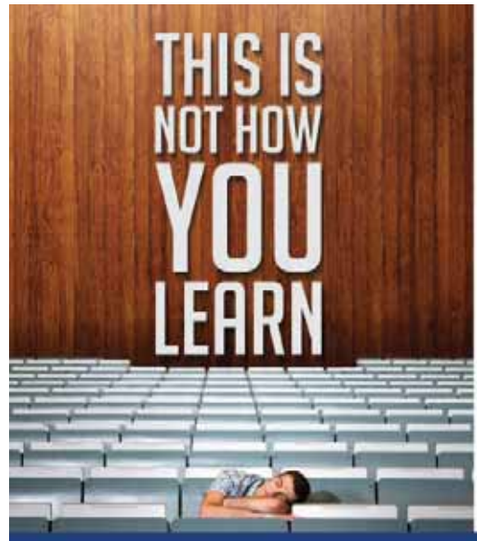

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'Round the world wisdom

Facing adversity? Why we quit

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

Every day, someone we know quits their job, quits on their health, quits a marriage, or quits on themselves. It is an epidemic. In my experience of multi-day desert running events, while 20 to 40 per cent of athletes do not finish, once athletes pass their "hump days" they almost never quit. But when is hump day? In many ways, be it in a race or in life, *when* hump day occurs is arbitrary; we decide when it is. However, the quitting pattern is obvious.

Our "quitting quotient" — the likelihood we will give up on or abandon a project — is determined mainly by our mental relationship with what lies ahead. If the task feels insurmountable, our level of fighting spirit and motivation sinks. "I can't do another day — the worst has yet to come" are words I heard many times in the desert. Yet, at the same time, I heard just the opposite from other runners in the same situation: "I've passed hump day — the worst is behind me." The motivation levels of this second group of runners soared. Statistically, in a five-day desert race, where athletes run a marathon on each of the first four days and a double marathon on the fifth, most of the quitting occurs after days one and two, rarely after day three, and never after day four — although the next day is the most physically punishing. By then, quitting is no longer an option as we see "light at the end of the tunnel."

Sometimes you hit your "quitting quotient" earlier than expected. ISTOCK

Of course, life hands us many things that we are better off quitting if we perceive better and healthier opportunities elsewhere. What the lesson is for all of us, however, when grinding through a rough patch in life or in the desert, is to adopt an "I will do this" mindset as opposed to hoping to get passed the elusive hump day.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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Germany's Goetze provides golden touch

World Cup final.
Late-game substitute creates extra-time magic as Germany foils Argentina once again

With two quick and sublimely deft touches, Mario Goetze ended Germany's 24-year wait for another World Cup title.

Goetze scored the winning goal in extra time to give Germany a 1-0 victory over Argentina on Sunday in a tight and tense World Cup final that came down to a few moments of individual skill.

Goetze, who wasn't born when West Germany beat Argentina in the 1990 final, controlled a cross with his chest in the 113th minute and in one fluid motion volleyed the ball past goalkeeper Sergio Romero and inside the far post from five yards out.

It was a goal that gave Germany its fourth World Cup title in its eighth final, and left Argentina star Lionel Messi still walking in the shadow of compatriot Diego Maradona, who led his country to the 1986 title.

Goetze went on as a substitute for Miroslav Klose toward the end of regulation time and the 22-year-old midfielder's fresh legs made the difference.

Andre Schuerrle broke down the left flank, sending his cross into the area, and the Bayern Munich player did the rest with a clinical finish.

"It's incredible. The team did it beautifully," said Manuel Neuer, who was voted the tournament's best goalkeeper. "At some point we'll stop celebrating, but we'll still wake up with a smile."

For Germany, the win ends a string of near misses since winning its last major title at the 1996 European Championship. The team lost the 2002 World Cup final to Brazil and lost in the semifinals in both 2006 and 2010.

Argentina had not been back in the final since that 1990 loss, and has now been beaten by Germany in the last three World Cups.

"This was our chance, and we felt that way. We couldn't do it. We have to lift our head and suffer the pain," Argentina midfielder Javier Mascherano said. "Obviously, the pain is tremendous. We wanted the cup for Argentina."

Germany's Mario Goetze scores the World Cup-winning goal on Argentina's Sergio Romero as defender Martin Demichelis watches on Sunday in Rio de Janeiro.
NATACHA PISARENKO/THE ASSOCIATED PRESS

World Cup final

Germany	Argentina
1	0

AUGMENTED REALITY

→ Scan the image with your Metro News app for more images from the World Cup's grand finale in Rio de Janeiro.

→ See the full instructions on Metro's Voices page.

Near miss for Messi

Argentina's Lionel Messi missed a glorious chance in the 47th minute after sneaking behind Jerome Boateng and Mats Hummels on a perfect ball from teammate Lucas Biglia. The superstar's shot sailed just wide past German 'keeper Manuel Neuer.

It was the third World Cup final between these countries and had been billed as a matchup between the perfect team and the perfect individual, pitting Germany's machine-like unit against the brilliance of Messi.

But in the biggest game of his career, Messi came up short.

Messi threatened intermittently throughout the match, but was neutralized for long stretches.

His free kick in the 120th minute went well high.

When the final whistle blew, Germany players jumped on top of each other in a pile, while Messi, who scored four goals in the group stage but none in the knockout rounds, walked alone with his hands on his hips toward the centre circle.

THE ASSOCIATED PRESS

Coming up Lahm

"It's incredible how hard we worked and what a performance we produced. It's an incredible feeling."
Germany captain Philipp Lahm

Heat forward Chris Bosh will stay in Miami despite the departure of LeBron James. He will sign a five-year, $118-million deal. ANDY LYONS/GETTY IMAGES FILE

He's the Bosh: Heat to ink new leader to $118M deal

NBA free agency. Family man set to become new core of LeBron-less Miami club

Half a world away, Chris Bosh could not escape the frenzy of last week.

An offer from the Houston Rockets was waiting. His longtime Miami teammate LeBron James was leaving. For a few moments, Bosh found himself wondering if his days with the Heat were over.

Then he looked at his family, and everything stopped.

"We've built a life in South Florida and we're comfortable," Bosh said Sunday. "So I had to do what's best now for myself and my family."

With that, his decision became very easy. Bosh will sign a $118-million, five-year deal to stay with the Heat, a formality held up only by the logistical challenge presented by him being in Ghana right now on an NBA promotional visit.

When he finally puts pen to paper, the Heat locker room will essentially become his — and in an interview with The Associated Press, Bosh said that while it's a shock to realize James is no longer with Miami after four seasons, he's ready to have that voice.

"I can't lie to you: I'm excited. I'm excited for the challenge," Bosh said during a break from NBA Africa duties. "I want to step up to the challenge. I feel this is a chance to prove to myself and others that I can still do this.

"I want to see if I can do what's necessary to go in there and win every night. That's the challenge of being a leader. It excites me. It's been a long time and I feel like I'm a much better player and a leader now, so it'll be fun."

Bosh had that role in Toronto before coming to Miami, then was perceived as a No. 3 behind James and Dwyane Wade when they teamed up in 2010 to begin the "Big 3" era with the Heat.

Now, Bosh will be one of the league's highest-paid players, and with that comes a responsibility to lead.

The Heat called James' decision disappointing, and Bosh acknowledged that there was a "shock factor" when he heard, but Miami is moving on.

They've locked Bosh up, are closing in on a new deal with Wade, got a commitment Sunday from small forward Luol Deng, are talking about retaining point guard Mario Chalmers and have deals pending with forwards Josh McRoberts and Danny Granger.

THE ASSOCIATED PRESS

Been there before

"It's a very different process ... but I think I know how to do it."

Chris Bosh, on assuming a leadership role

Around the league

- Free agent forward Luol Deng agreed Sunday to a $20 million, two-year deal with the Miami Heat, said Herb Rudoy, one of Deng's agents. The deal includes a player option for the 2015-16 season.
- Carmelo Anthony is staying in New York, announcing his decision Sunday in a posting titled "My City, My Heart" on his website.
- The Toronto Raptors have re-signed forward Patrick Patterson.
- Jeremy Lin joined the Lakers on Sunday in a trade with the Rockets, who also gave up first- and second-round draft picks in 2015 for the rights to European centre Sergei Lishchuk.

Swimming

Olympian Thorpe: 'I'm not straight'

Five-time Olympic swimming gold medallist Ian Thorpe for the first time publicly confirmed that he is gay during a television interview on Sunday, ending years of speculation about his sexuality.

"I'm not straight," Thorpe said. "And this is only something that very recently ... I've been comfortable telling the closest people around me exactly that." THE ASSOCIATED PRESS

Scottish Open

Rose earns second straight tour win

Justin Rose won the Scottish Open by two shots after a final round 6-under 65 on Sunday, sealing back-to-back victories either side of the Atlantic and bolstering his confidence ahead of next week's British Open.

The 2013 U.S. Open champion turned the last day into a procession, rolling in six birdies and going bogey-free on a windless Royal Aberdeen links course that was there for the taking.

THE ASSOCIATED PRESS

MLB. Tampa's Price holds dipping Jays to five hits, no runs in eight innings

The Toronto Blue Jays have had enough of patched-up lineups, enough of David Price, and enough of baseball for a while.

Price scattered five hits in eight-plus innings to help the Tampa Bay Rays hand the Blue Jays their eighth loss in 10 games, 3-0 Sunday in the teams' final game before the All-Star break.

"It's an opportune time for us to push the rest button, for sure," Toronto starter R.A. Dickey said. "Everybody's inching back toward being healthy. This gives us four days."

Tampa Bay Rays starting pitcher David Price throws on Sunday. MIKE CARLSON/THE ASSOCIATED PRESS

Price (9-7), who won his fourth consecutive start, was pulled after giving up a leadoff single in the ninth to Melky Cabrera. Cabrera moved up on a wild pitch by reliever Jake McGee to become the first Toronto runner in scoring position after the first inning.

"Everybody in baseball needs a break," Blue Jays manager John Gibbons said. "Everybody's been battling it out, everybody's worn-out tired, and we definitely need one."

The Rays, who have won 11 of 15, got RBI singles from Logan Forsythe and Jose Molina. McGee got three outs for his seventh save.

Dickey (7-9) gave up two runs and five hits over six innings. Toronto has not won a road series against Tampa Bay since April 2007, a span of 22 sets.

"Please don't ask a question about the streak in Tampa," Gibbons pleaded.

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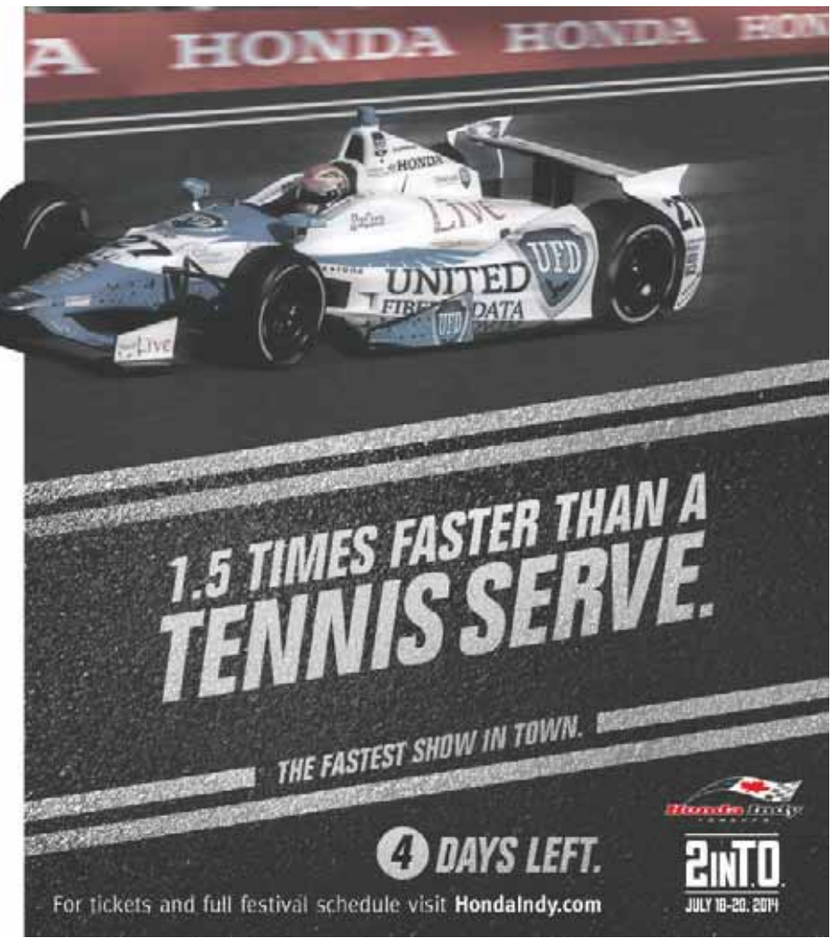

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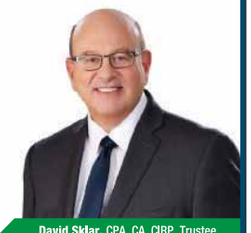

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Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Resist the urge to make value judgments about others. We all have different fates and you cannot know what is right for someone else. The only behaviour you should be concerned with is your own.

♉ Taurus
April 21 - May 21
Act quickly if someone offers something you desire. It's OK to be cautious, but if you wait too long the opportunity could be offered to someone else.

♊ Gemini
May 22 - June 21
If you need to do something that is going to take a lot of physical energy, now is the time. Also, don't wait to be offered something you are in a position to take for yourself.

♋ Cancer
June 22 - July 23
You know that everything will turn out for the best but it may be hard to convince the logical side of your mind. The way to overcome fear is through faith.

♌ Leo
July 24 - Aug. 23
The more others say you should be disciplined, the more you will go out of your way to rebel. There is no logical reason you should follow the rules just because others say you must.

♍ Virgo
Aug. 24 - Sept. 23
You may be apprehensive about the changes now taking place but if you go with the flow, nothing bad will happen.

♎ Libra
Sept. 24 - Oct. 23
You will be assertive and adventurous over the next 24 hours and that's good. Employers and other important people will be impressed by your can-do attitude.

♏ Scorpio
Oct. 24 - Nov. 22
Your imaginative powers will be strong today but that will only be good if you have a positive attitude. If you allow the unknown to scare you, over the next 24 hours you will be sent scurrying for cover.

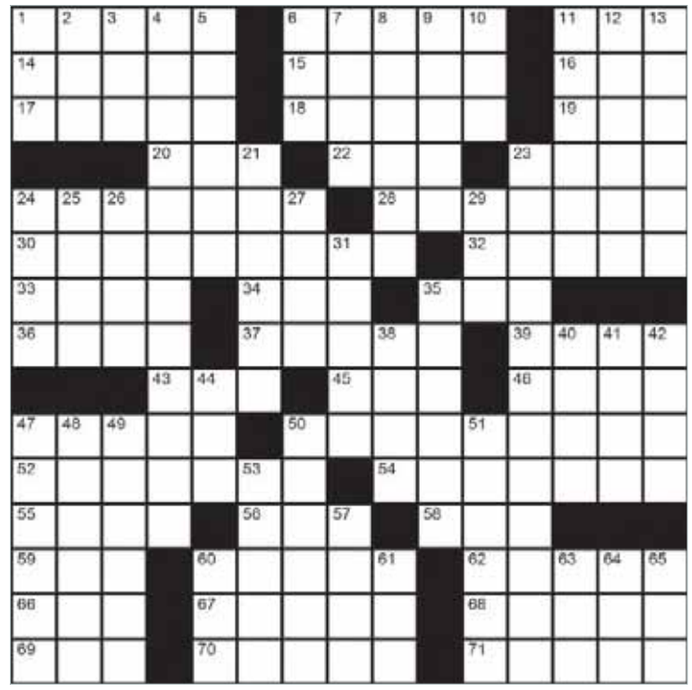
♐ Sagittarius
Nov. 23 - Dec. 21
The planets encourage you to be inventive and if you are able to respond you will create something that will be praised.

♑ Capricorn
Dec. 22 - Jan. 20
Look for ways to turn new developments to your advantage. If you can do that, this should be an amazingly productive time for you.

♒ Aquarius
Jan. 21 - Feb. 19
You don't usually let your passions get the better of you but they will today. You won't care what others think about what you do or say. That is, you won't care today. Tomorrow you may be embarrassed!

♓ Pisces
Feb. 20 - March 20
If you respect others they will respect you. If you say or do things that others find offensive you can expect backlash.

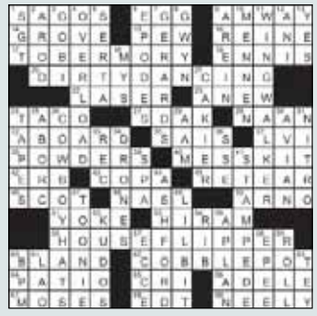
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Heroic poems
6. "It just doesn't __ __..." (Detective's observation)
11. Blue Bombers, on scoreboards
14. Circus card
15. Canada's Environment Minister, Ms. Aglukkaq
16. ISP, e.g.
17. Dare Maple Leaf __ Cookies
18. Boris __, Montreal-born conductor
19. Wheat: French
20. Chosen __
22. Nero's 1501
23. British band, __ Shaker
24. __ paint
28. Canadian jazz group, __ Au Quartet
30. Ontario... Starring role in current Shaw Festival play The Philadelphia Story: 2 wds.
32. __ __ Own Write (John Lennon book)
33. Mr. Young
34. "Sprechen __ Deutsch?"
35. Li'l diagram
36. 'Wine'-meaning prefix
37. Basketball great Shaquille
39. Chunk
43. Container
45. Litigate
46. Actress Diane
47. Heinz Canada brand, __-Getti
50. Egg-free mayo brand
52. Quandary
54. On-the-wall lights
55. Podium
56. Eyeball
58. Said a li'l 'hello' like Rocky
59. '_' __ for London
60. Perform off-the-cuff
62. Jennifer or Meg
66. Tee-predecessor
67. Labatt-like
68. Playing cards guy
69. Date
70. __ River, Nunavut
71. Writer Ms. Christie, to pals

Down
1. And so on [abbr.]
2. Golf standard
3. U2's home, for short
4. What people often change into after work: 2 wds.
5. __-eyed gaze
6. Religious robe
7. Skin-care products suffix
8. Thingamabob
9. Johnny Mathis hit bit: "...__ the twelfth of never..."
10. Ms. Benatar
11. Labrador City's twin town
12. Hoi __ (Common people)
13. Gradually gathers
21. Volleyball Tom Hanks befriends in "Cast Away" (2000)
23. __ __ Historical Settlement (Where the 1800s are recreated in New Brunswick)
24. __ time (Never): 2 wds.
25. First Nation of Manitoba
26. Umbrella reason
27. Quarter, for one
29. Gladiator's 52
31. Della of "Touched by an Angel"
35. Fabric softener brand
38. Jul.'s followers
40. Secular
41. L'__ aux Meadows
42. Wax workers?
44. Beatles: "_ __ the Walrus"
47. Muddles
48. Arbitrate
49. Crinkly fabric
50. Group of Seven member, Frederick __ (b.1881 - d.1969)
51. __ Sound, BC
53. Example
57. Chirping creature
60. "When Smokey Sings" band
61. TTFN
63. Jet __ (Traveller's woe)
64. Gladiator's 56
65. "__-haw!"

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	5				2			
			6				7	5
1		3	4	5				9
	4		2	9				
				1	4		2	
2				7	5	4		6
7	3				9			
			8				1	3

Friday's Sudoku

1	5	8	7	6	9	3	4	2
3	4	6	2	1	5	8	7	9
2	9	7	4	8	3	5	6	1
8	1	2	9	4	6	7	5	3
5	6	3	8	7	2	9	1	4
4	7	9	5	3	1	2	8	6
9	2	4	6	5	7	1	3	8
7	8	1	3	9	4	6	2	5
6	3	5	1	2	8	4	9	7

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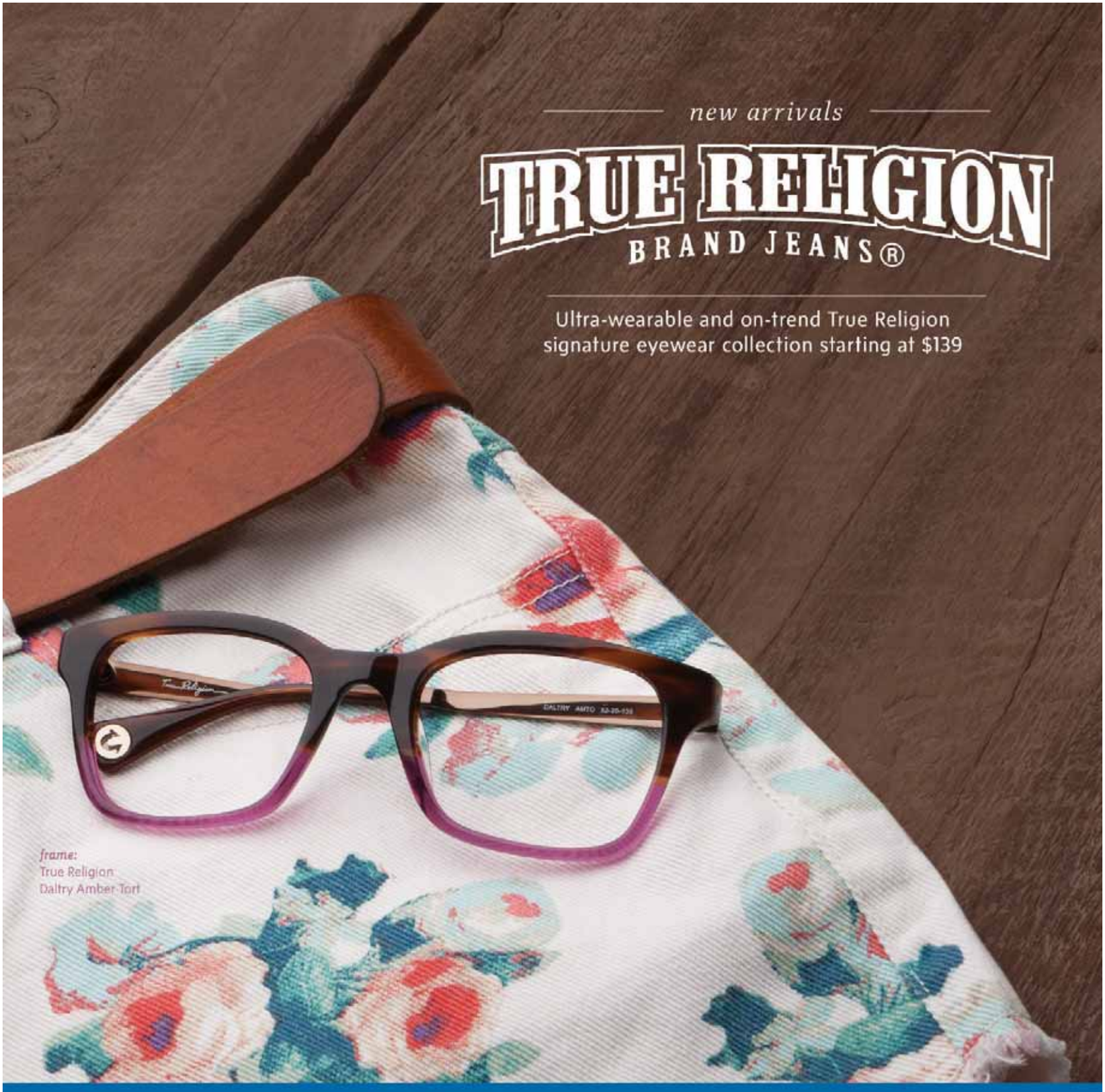

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